



# ACTIVITATS DIRIGIDES

## OCTUBRE 2023

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DIÀ	DISSABTES
7:00	07:00 - 07:45 (sala 3) <b>CYCLING</b>	07:00 - 07:45 (sala 1) <b>GAC</b>	07:00 - 07:45 (sala 1) <b>TONO</b>		07:00 - 07:45 (sala 1) <b>BODYPUMP</b>	7	10:00-10:45 (sala 1) <b>BODYCOMBAT</b>
8:00	08:30 - 09:15 (sala 1) <b>BODYPUMP</b>	08:30 - 09:15 (sala 3) <b>CYCLING</b>	08:30 - 09:15 (SALA CARDIO) <b>OMNIA</b>		08:30 - 09:15 (sala 1) <b>CORE</b>		11:00-11:45 (sala 1) <b>CORPORE</b>
9:00	09:30 - 10:15 <b>ZUMBA</b>	09:30 - 10:15 (sala 1) <b>TONO</b>	09:30 A 10:15 (sala 1) <b>BODYPUMP</b>	09:30 - 10:15 (sala 1) <b>ZUMBA</b>	09:30 - 10:15 (sala 1) <b>BODYCOMBAT</b>	14	10:00-10:45 (sala 1) <b>BODYPUMP</b>
	09:30 - 10:15 (sala 1) <b>MASTER TONO</b>			09:30 - 10:15 (sala 3) <b>CYCLING</b>	09:30 - 10:15 (sala 1) <b>MASTER TONO</b>		11:00-11:45 (sala 1) <b>BODYCOMBAT</b>
10:00	10:30 - 11:00 <b>HIOPRESIUS</b>		10:30 - 11:00 <b>HIOPRESIUS</b>		10:30 - 11:15 (sala 1) <b>CORPORE</b>	21	10:00-10:45 (s. cardio) <b>OMNIA</b>
<b>MIGDIA</b>							11:00-11:45 (sala 3) <b>CYCLING</b>
13:00	13:30 - 14:15 (sala 1) <b>BODYPUMP</b>	13:30 - 14:15 (sala 3) <b>CYCLING</b>	13:30 - 14:15 (sala 1) <b>HIIT</b>	13:30 - 14:15 (sala 3) <b>CYCLING</b>	13:30 - 14:15 (Sala cardio) <b>OMNIA</b>	28	10:00-10:45 (sala 1) <b>GAC</b>
15:00	15:15 - 16:00 (SALA CARDIO) <b>OMNIA</b>		15:15 - 16:00 (sala 1) <b>BODYPUMP</b>	15:15 - 16:00 (sala 1) <b>GAC</b>	15:15 - 16:00 (sala 1) <b>TONO</b>		11:00-11:45 (s. cardio) <b>OMNIA</b>
<b>TARDA</b>							<b>DIMARTS 10</b> <b>19:30 A 20:15</b> <b>LA CLASSE DE</b> <b>ZUMBA QUEDARÀ</b> <b>ANUL·LADA</b>
17:00	17:30 - 18:15 (sala 1) <b>ZUMBA</b>	17:30 - 18:15 (sala 1) <b>TONO</b>	17:30 - 18:15 (sala 1) <b>BODYPUMP</b>	17:30 - 18:15 (sala 1) <b>CORPORE</b>	17:30 - 18:15 (sala 1) <b>GAC</b>		
			17:30 - 18:15 (sala 3) <b>CYCLING</b>				
18:00	18:30 - 19:15 (Sala 1) <b>HIIT</b>	18:30 - 19:15 (Sala 8) <b>CORPORE</b>	18:30 - 19:15 (sala 1) <b>CORE</b>	18:30 - 19:15 (Sala cardio) <b>OMNIA</b>	18:30 - 19:15 (Sala 1) <b>Bodypump</b>		
	18:30 - 19:15 (Sala 8) <b>HIOPRESIUS /ABD</b>	18:30 - 19:15 (Sala 1) <b>BODYCOMBAT</b>	18:30 - 19:15 (Sala 8) <b>HIOPRESIUS /ABD</b>	18:30 - 19:15 (sala 1) <b>BODYCOMBAT</b>	18:30 - 19:15 (Sala 3) <b>CYCLING</b>		
		18:30 - 19:15 (Sala 3) <b>CYCLING</b>					
19:00	19:30 - 20:15 (Sala 1) <b>BODYCOMBAT</b>	19:30 - 20:15 (Sala 1) <b>BODYPUMP</b>	19:30 - 20:15 (Sala 1) <b>ZUMBA</b>	19:30 - 20:15 (Sala 1) <b>BODYPUMP</b>			
	19:30 - 20:15 (sala 3) <b>CYCLING</b>	19:30 - 20:15 (sala 8) <b>ZUMBA</b>	19:30 - 20:15 (SALA CARDIO) <b>OMNIA</b>	19:30 - 20:15 (sala 3) <b>CYCLING</b>	19:30 - 20:15 (sala 1) <b>ZUMBA</b>		
<b>AQUÀTIQUES</b>							
HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES		
9:00	09:15 - 10:00 <b>Aqua Dynamic</b>	09:15 - 10:00 <b>Aquagym</b>	09:15 - 10:00 <b>Aqua Dynamic</b>	09:15 - 10:00 <b>Aquagac</b>	09:15 - 10:00 <b>Aqua Dynamic</b>		
11:00	11:00 - 11:45 <b>Aquamaster</b>		11:00 - 11:45 <b>Aquamaster</b>		11:00 - 11:45 <b>Aquamaster</b>		
18:00	18:30 - 19:15 <b>Aqua Dynamic</b>	18:30 - 19:15 <b>Aquagac</b>	18:30 - 19:15 <b>Aqua Dynamic</b>	18:30 - 19:15 <b>Aquagym</b>	18:30 - 19:15 <b>Aqua Dynamic</b>		
	AQUÀTIQUES	CARDIOVASCULAR	COREOGRAFIADES	BODY-MIND	TONIFICACIÓ MUSCULAR		

LA DIRECCIÓ ES RESERVA EL DRET DE FER QUALSEVOL CANVI.